COMMUNITY

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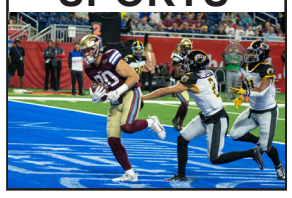
City of Detroit Launches first Certified Tech Hubs

EL CENTRAL HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 35, #16 • **February 22, 2024**

SPORTS



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Michigan Panthers Return to Ford Field !!!

¡Míchigan, llego la hora de votar! ¡Dejemos que se escuche tu voz!

Reimpreso de Voters Not Politicians

Los votantes de Michigan tienen hasta las 8 p.m. del martes 27 de febrero para emitir su voto en las elecciones primarias presidenciales del estado.

El equipo de Voters Not Politicians conoce la importancia de que el estado haya sido elegido como un estado de nominación temprana, porque significa que los votantes de Michigan tienen una voz e influencia más fuertes en el proceso de nominación.

Es fundamental hacer oír su voz en cada elección, por eso estamos aquí para ayudarle a emitir su voto antes de que cierren las urnas. **Busque su boleta de muestra en el enlace**.

Si necesita registrarse para votar, ¡tiene opciones! Puede visitar un centro de votación anticipada o la oficina del secretario local para registrarse para votar. Asegúrese de llevar consigo un comprobante de residencia, como una boleta de pago o una factura de servicios públicos. Puede registrarse para votar hasta las 8 p.m. del martes 27 de febrero en la Secretaría de la ciudad. **Encuentre su centro de votación anticipada o la Secretaría de su ciudad en el siguiente enlace**.

Cont. en la pág. 2

It's Time to Vote, Michigan! Let Your Voice Be Heard!

Reprinted from Voters Not Politicians

Michigan voters have until 8pm on Tuesday, February 27th to cast their ballot in our state's presidential primary election.

The Voters Not Politicians team knows it's a big deal that our state was chosen as an early-nominating state because it means Michigan voters have a stronger voice and influence in the nomination process.

It's critical to make your voice heard in every election, which is why we're here to help you cast your ballot before polls close. **Look up your sample ballot at the link below**.

If you need to register to vote, you have options! You can visit an early voting center or your local clerk's office to register to vote. Make sure you bring a proof of residency, like a pay stub or a utility bill with you. You can register to vote until 8PM on Tuesday, February 27th at your local clerk's office. **Find your early voting center or local clerk's office at the link below**.

If you already have your absentee ballot, we highly recommend that you return your completed absentee ballot to a secure drop box or to your local clerk's office. Do not return your ballot via mail, because your clerk must receive your ballot by 8PM on Tuesday, February 27th for your vote to be counted. **Find your local clerk's office or secure drop box at the link below**.

Cont. on pg.2

Latino voter filling out ballot card
Photo by: Mindy Schauer/Digital First Media/Orange County Register via Getty Images

Michigan Central Station Set to Reopen!

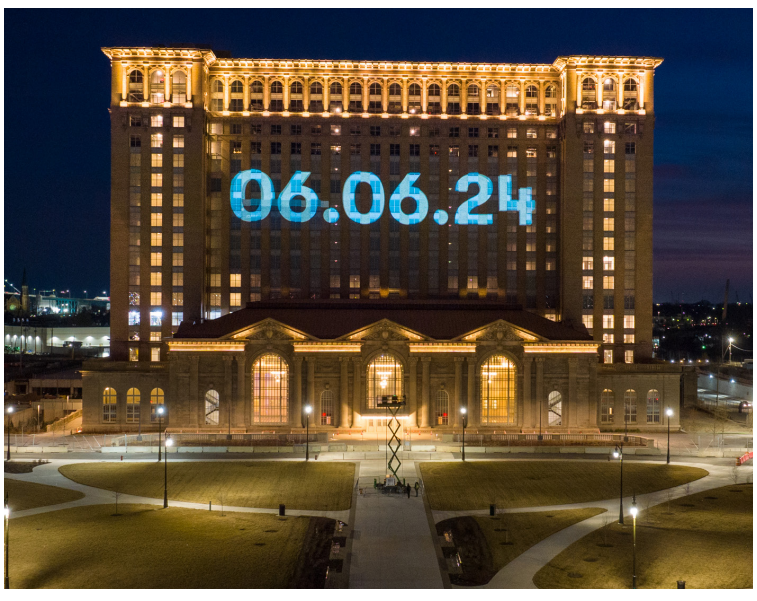
On June 6th, Michigan Central Station will begin welcoming people back after more than three decades.

What was once a symbol of Detroit's decline will now represent its renewal and bright future.

This will be a place that not only embraces our community, but also encourages visitors, the best companies and the smartest talent from around the world to join us in Detroit.

I look forward to celebrating together in June!

Bill Ford, Executive Chair, Ford Motor Company



Michigan Central Station Opening Date. Photo credit Stephen McGee

Application Portal for Summer Jobs Opens

More than 8,000 positions open for Detroit youth who apply now through May 31

Detroit's summer jobs program for the city's youth, Grow Detroit's Young Talent (GDYT) recently kicked off its 10th year by opening the application portal for thousands of Detroiters between the ages of 14 and 24.

Mayor Mike Duggan was joined by City Council members, employers, program partners and youth participants at the downtown headquarters of long-time GDYT partner DTE Energy for the event, which will see more than 8,000 young Detroiters participate this summer.

The application portal at www.GDYT.org will stay open until May 31, 2024, and is open to youth who wish to participate as well as to Metro Detroit businesses looking to host young people this summer.

"When we launched GDYT in 2015, we knew there was a need for a centrally coordinated approach to bring all the various summer employment opportunities together, so our young people could more easily access them," said Duggan. "This is our 10th year and we are so appreciative of all of our funding partners and employment partners that have helped make GDYT a national model for summer youth employment programs."

Joining the Mayor at the kickoff event was Detroit City Council President Mary Sheffield, a strong supporter of opportunities for Detroit youth.

"There really is no substitute for the experience that our young people get through GDYT every year," said Sheffield. "Whether they are participating for the first time, or whether they are a multi-year participant, GDYT provides the building blocks that they need as they consider what careers interest them or what majors they are interested in pursuing at post-secondary level."

cont on pg.3

2 ways to sign up for
DETROIT ALERTS 365
1 City of Detroit's Web site at detroitalerts365.org
2 Text DetroitAlerts365 to 99411
Alerts come in four languages: English, Spanish, Arabic and Bangla
detroitalerts365.org

La ayuda está a tres números de distancia
211
NO-EMERGENCIAS
El 211 te conecta con ayuda amable de expertos. Todas las llamadas son completamente confidenciales.
Los Comestible
Alojamiento
Asistencia de servicios públicos
Servicios de atención médica
Transporte
Servicios Legales
Asesoramiento

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Time to Vote, Michigan!

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If you already returned your absentee ballot, you can track your ballot status by filling out an online form at the link below.

If you want to vote early, you can visit an early voting center from now through Sunday, February 25th. Your voting experience at an early voting center will be similar to the experience you would have at the polls on Election Day, including the process of feeding your completed ballot into a tabulator to watch your vote be counted in real time. **Find your community's early voting center location at the link below**.

If you want to vote on Election Day, polls will be open from 7AM to 8PM on Tuesday, February 27th. If you are registered to vote at your current address, you must vote at your assigned polling place. Not registered? No problem — just head to your local clerk's office on Election Day to register and vote in the same visit. **Find your polling place or local clerk's office at the link below**.

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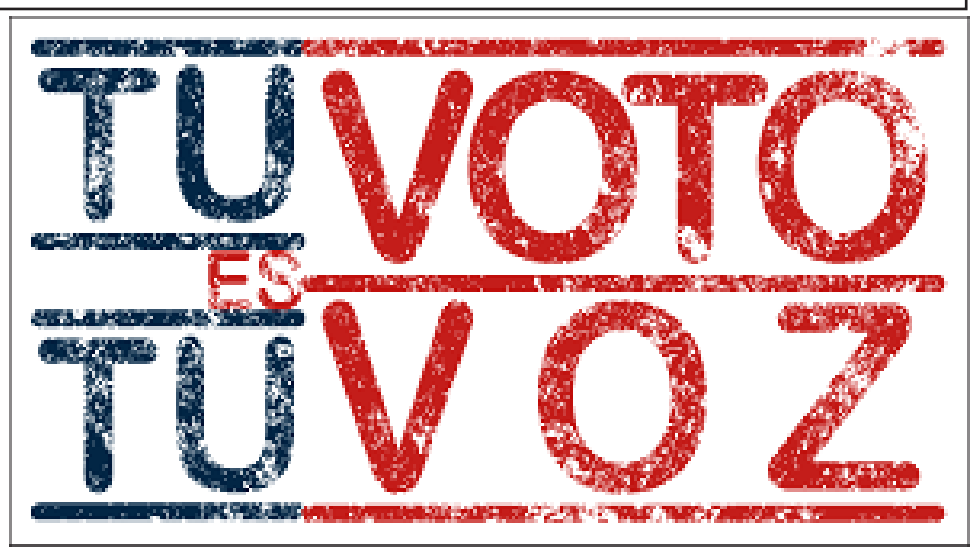
Voters Not Politicians is a 501(c)(4) organization dedicated to strengthening democracy in Michigan by engaging citizens in projects and initiatives across the state.

VOTERS NOT POLITICIANS

To learn more about all of the above questions you may have, and more, visit www.mvic.sos.state.mi.us
Now, get out there and make your voice heard!



¡Míchigan, llego la hora de votar!

Con't de pg. 1

Si ya tiene su boleta de votación, le recomendamos encarecidamente que la devuelva completa en un buzón seguro o en la oficina de la Secretaría local. No devuelva su boleta por correo, porque su Secretaría debe recibirla antes de las 8 p. m. del martes 27 de febrero para que se cuente su voto. **Encuentre la oficina del su Secretaría local o un buzón seguro en el siguiente enlace**.

Si ya devolvió su boleta de votación, puede realizar un seguimiento del estado de su boleta completando un formulario en línea en el enlace a continuación.

Si desea votar anticipadamente, puede visitar un centro de votación anticipada desde ahora hasta el domingo 25 de febrero. Su experiencia de votación en un centro de votación anticipada será similar a la experiencia que tendría en las urnas el día de las elecciones, incluido el proceso de introducir su boleta completa en un tabulador para ver cómo se cuenta su voto en tiempo real. **Encuentre la ubicación del centro de votación anticipada de su comunidad en el siguiente enlace**.

Si desea votar el día de las elecciones, las urnas estarán abiertas de 7 a. m. a 8 p. m. el martes 27 de febrero. Si está registrado para votar en su dirección actual, debe votar en el lugar de votación asignado. ¿No está registrado? No hay problema: simplemente diríjase a la oficina de su Secretaría local el día de las elecciones para registrarse y votar en la misma visita. **Encuentre su lugar de votación o la oficina de su Secretaría local en el siguiente enlace**.

Para obtener más información sobre todas las preguntas anteriores que pueda tener y más, visite www.mvic.sos.state.mi.us

¡Salga y haga oír su voz!

Voters Not Politicians es una organización 501(c)(4) dedicada a fortalecer la democracia en Michigan mediante la participación de los ciudadanos en proyectos e iniciativas en todo el estado.

Traducción por Carmen Elena Luna

First
Feels Like
THIS
HomeReady® First loans are built for first-time homebuyers like you, with:
• At least $5,000 in down payment or closing cost assistance
• $500 appraisal reimbursement
• No location restrictions on where you purchase your first home
• Access to HomeView™, a free homebuyer education course
Every year one in four homebuyers are purchasing their first home — including many who never thought they'd own a home. Take the first step on your way to homeownership and building a legacy that can last for generations.
Find a lender in your area at FannieMae.com.
Ready for your first home?
Fannie Mae is not a lender and does not make credit decisions. Each lender is responsible for ensuring their activities comply with the law. Speak to your lender about eligibility.
Fannie Mae®

Planet Detroit Neighborhood Reporting Lab Taps EL CENTRAL Talent

Introducing the 2024 Planet Detroit Neighborhood Reporting Lab

By Nina Ignaczak

We are thrilled to announce the arrival of an incredibly diverse and passionate group of individuals to our 6-week Planet Detroit Neighborhood Reporting Lab Cohort, where they will embark on an enriching journey into the world of community journalism. Each participant brings a unique perspective and a shared commitment to making a difference within their communities through the power of storytelling.

Our program is designed to equip each participant with the fundamental skills of journalism, from researching and interviewing to writing compelling stories that resonate with and impact our communities. It's not just about learning the ropes; it's about applying these skills to publish meaningful stories highlighting our neighborhoods' vibrant lives and challenges.

Each student who participates will receive instruction from community journalism teacher Charlotte Morgan and one-on-one mentoring through the Detroit Writing Room and Energy News Network. Those who publish a story will receive a stipend.

Martina Guzman

Planet Detroit Community Journalism Editor Martina Guzmán will oversee the cohort. "Planet Detroit's Neighborhood Reporting Lab aligns with the mission of the Race and Justice Reporting Initiative, which encourages journalists of color (BIPOC) to report in their communities," Guzman said. "Of all the beats in journalism, reporting on the environment has the least BIPOC representation. Having EL CENTRAL reporters Andrea Meza and Estefania Arellano as part of Planet Detroit's Neighborhood Reporting Lab cohort addresses a desperate need to report on pressing environmental issues in Southwest Detroit. I'm excited to see what stories are produced."

We are profoundly grateful to the Kresge and Americana foundations for their generous support, making this opportunity accessible to our cohort.

As we kick off this journey, we look forward to the stories that will emerge, the voices that will be amplified and the impact that will be made. Welcome to what promises an inspiring and transformative experience for all involved.

Selected for the Reporting Lab from the team of freelance writers frequently published by EL CENTRAL Hispanic News are:

Estefania Arellano-Bermudez, a Latina freelance writer for El Central Hispanic Newspaper, resides in Melvindale and works in Detroit. She hopes to focus on environmental issues through her writing. "My goal with the Planet Detroit Neighborhood Reporting Lab is to connect with my community regarding ways to serve the environment," Arellano-Bermudez said. "Words lead to action. I hope to find the right words that will lead to positive, successful action in service to the environment."

Martina Guzman

Estefania Arellano-Bermudez

Andrea Meza

Andrea Meza, a freelance writer with roots in the Metro-Detroit area, is passionate about highlighting Southwest Detroit stories. Her participation in the reporting lab is fueled by a desire to expand her network and amplify local narratives. "I hope to strengthen my skills as a writer and expand my knowledge and network from other journalists in the community," Meza said. "I am grateful to get to work further with Martina Guzman, and learn how to further inform and engage the community."

City of Detroit Launches first Certified Tech Hubs

New interactive map to help residents access digital literacy resources

City of Detroit Deputy Mayor Todd Bettison recently joined Digital Equity & Inclusion Director Christine Burkette, City Council Members and community partners to announce the first eight City of Detroit "Certified Tech Hubs". The announcement was held at the Dick & Sandy Dauch Campus of the Boys & Girls Clubs of Southeastern Michigan (BGCSM) on Tireman Avenue, which is one of the first locations granted this certification.

When Burkette stepped into the role as Director of the City of Detroit's Office of Digital Equity & Inclusion early in 2023, she took a deep dive into what resources were available for Detroit residents and found that when it came to residents accessing digital resources and tools at neighborhood locations across the city, not every location was able to meet our residents' needs, and some listed online as community tech hubs were not even open to the public. There were more than 100 locations listed as tech hubs in Detroit at that time.

To ensure Detroit residents had equitable access to basic digital literacy resources and tools they need, Burkette and the Office of Digital Equity & Inclusion launched the City of Detroit Certified Tech Hub initiative. The goal of this initiative is to provide residents with one central location to search and find the closest Certified Tech Hub near them and learn which digital equity resources each tech hub provides.

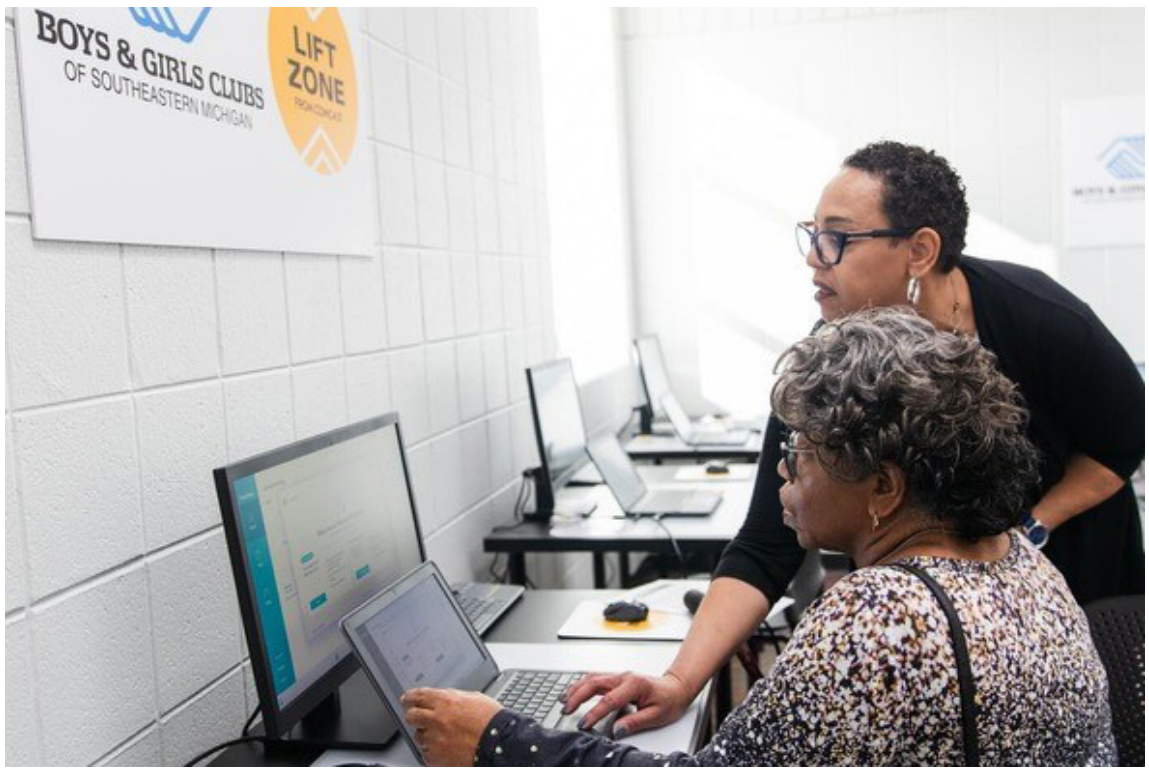
"Equitable access to high-speed internet and digital literacy tools can mean the difference between success and failure for our residents, whether they're working on schoolwork, finding a job, or navigating workforce training tools," said Deputy Mayor Todd Bettison. "Ensuring our seniors have a place to go to learn how to use the tools they need to keep up in today's world is also important to us. Director Burkette is doing a great job meeting Detroiters where they are."

To be granted a City of Detroit Certified Tech Hub, locations must provide free Wi-Fi, have devices available for residents' use, offer basic digital literacy training software and be considered a safe environment. Each Tech Hub is also assessed to determine whether it provides the following digital equity resources and tools, so residents know which hub will best fit their needs before they go:

- Device Loaner Program
- IT Workforce Training
- Wheelchair Accessibility
- Tech Support
- ESL Resources

As of this month, the City has opened eight Certified Tech Hubs. These partners applied to be Certified Tech Hubs and have met the abovementioned criteria. These locations and the tools and resources they offer can be found on a new interactive map on the City of Detroit's Office of Digital Equity and Inclusion website at http://detroitmi.gov/digitalequity.

"Our goal is to register a minimum of 30 Certified Tech Hubs citywide to service the 220,000 residents currently at or below poverty here in the City of Detroit," said Christine Burkette. "Closing the digital divide will require us to work in partnership with community stakeholders. We thank the partners like Comcast and the Boys and Girls Clubs of Southeastern Michigan, who have already stepped forward to provide these important tools and resources to our residents and are excited for this program to expand into even more neighborhoods across the city." Comcast Lift Zones across the city make up three of the first eight Certified Tech Hubs. "Comcast is proud to partner with the City of Detroit, Human-I-T and our Lift Zone partners to provide Internet access and support for digital skills training across Detroit," said Craig D'Agostini, Comcast vice president, government & regulatory affairs. "Comcast has been working to make digital equity a reality in Detroit for over a decade, and Lift Zones are a natural fit for the Certified Tech Hub initiative—spaces designed to combat digital inequities and connect Detroiters to the resources and skills they need to succeed in a digital world."



Comcast Director of Community Impact for Michigan, Indiana and Kentucky Shannon Dulin shows Detroit resident Gwendolyn Jones how to access some programs she's looking forward to using at the Certified Tech Hub

In addition to the Boys and Girls Clubs of Southeastern Michigan located at 16500 Tireman Ave., there are two locations in Southwest Detroit granted this certification thus far including the Roberto Clemente Recreation Center, 2631 Bagley St. and Patton Recreation Center, 2301 Woodmere St.

Director of Detroit's Office of Digital Equity & Inclusion, Christine Burkette

Community organizations can apply today to become Certified Tech Hubs

Burkette encourages organizations across the city to apply today to become a Certified Tech Hub by filling out a form found on the City of Detroit's Office of Digital Equity & Inclusion page at http://detroitmi.gov/digitalequity. Once the application is submitted, Burkette and her team will reach out to confirm the requirements of the center are met before granting the certification and including the location on the interactive map.

Map on page 6

Special, World's Cultures
Mazahua People

Mazahua People

The origin of the Mazahua People, according to oral tradition: «we descend from the Sun God and the Moon Mother; The first men were giants who were called "ma ndaa" (they were tall); Later came the dwarfs, who were called "mbeje" (insignificant) and we correspond to the third generation and are called "Jñatjo" (those who speak)».

And according to historians such as Carlos Basauri in the "Indigenous population of Mexico; Mazahuas Otomian family", says: "In the Chichimeca migration to the south and valley of Mexico, which took place from the 6th to the 12th century, approximately, five tribes traveled, one of whose chiefs, Mazahuatl, seems to have been the leader of the family Mazahua, being the other chiefs of the Matlazinca tribes. "They occupied the valley of Toluca and surrounding places." Which are currently part of the territory that occupy the northwest part of the State of Mexico and the east of the State of Michoacán.

The Mazahuas are an indigenous group. There is no certainty about the origin of the name, some studies relate it to the first ruler of this town Mazatlí-Tecutli; For others, it is a derivation of the Nahuatl Mázatl, "deer," or from Mazahuacán "where there is deer."

The Mazahua people have preserved their cultural expressions through the Mazahua language, oral tradition, music, dance and crafts; their way of dressing, their vision of the world and their ritual and religious practices, which have been transmitted from one generation to another, and in the Ceremonial Center founded in the years of the seventies.

The mother tongue constitutes the main link of communication and identity within the family and the community. However, cases of children who no longer learn or no longer speak their native language are becoming more frequent.

An important characteristic of the Mazaha people is the Faena, which is a form of organization to carry out community work or actions.

The social unit among the Mazahuas is the family, which can be nuclear or extended. Among them, a marriage commitment requires at least three prior visits to the bride's house, by the engaged or groom.

The life of the Mazahuas is heterogeneous, there are those who preserve their dress and communication in Mazahua, others; music, dance and stewardship.

The man's dress is a hat, shirt, pants and shoes sold industrially and the coat is manufactured by the

Continue...>

Tell them you saw it in Diles que lo viste en
EL CENTRAL
Hispanic News

Mazahua Legend: The Children Of The River

They say the shepherds would gather along the river to play, when suddenly,

two children appeared, leaping to and fro. Dressed well, they looked like "foreigners."

The shepherds tried to approach them but the children would move away or simply vanish.

On a different day, the shepherds saw them again, but seemed to disappear.

When they got home, their parents told them to stop playing in the water, "because one of these days" they could disappear along with them.

The shepherds didn't listen, until the day when one of them no longer emerged from the water.

The other shepherd hurried to tell his father, who ran, terrified, in search of him, but he was gone.

From that point on the shepherds no longer play along the river.

Continue...>

Mazahua People

community's artisans. The woman's dress is a carved blouse, petticoat, apron, sash and shawl made by the women of the community themselves. Just as the man has changed his dress, the woman is doing the same. In young women, the dress is being replaced by the modern dress, except for some who prefer to continue wearing the traditional dress.

The house of the Mazahuas is made of wood, with a tile roof, adobe with a tile roof, and also concrete. The room is separated from the kitchen, divided by a patio, the whole family sleeps in the room (father, children, and grandchildren) until the children build their own house.

The Mazahuas festival takes place year after year, depending on the patron saint that is venerated in each town. Thus, in one year there can be three or more festivities where the mayordomos, mayordomitos and fiscales serve for a year bringing flowers every eight days and, with two months left to complete the commitment to serve the patron saint or another saint; The judge, the sacristan, the council of elders, mayordomos, butlers and assistants distribute corn grains to prepare pulque sende (a drink drunk at all festivals, which was and is offered to the gods).

ESPECIAL CULTURAS DEL MUNDO

Pueblo Mazahua

Leyenda Mazahua: Los niños del río

Cuentan los mazahuas que antes junto al río se reunían los pastores a jugar hasta que aparecieron dos niños que brincaban de aquí para allá, sus ropas eran buenas, parecían extranjeros. Los pastores querían acercarse a ellos, pero se alejaban o simplemente desaparecían.

Un día, los pastores los volvieron a ver, pero parecían desvanecerse. Al llegar a casa su papá les dijo que ya no jugaran en el agua, porque un día de estos, podrían desaparecer con ellos.

Los pastores no escucharon, hasta que llegó el día en que uno de ellos ya no salió del agua.

De inmediato, el otro pastor fue a avisarle a su papá, quien corrió despavorido a buscarlo, pero ya no lo encontró.

Desde entonces, los pastores ya no se reúnen para jugar en el río.

Continuación...>

Pueblo Mazahua

La unidad social entre los mazahuas la constituye la familia, que puede ser nuclear o extensa. Entre ellos un compromiso de matrimonio requiere de por lo menos tres visitas previas a la casa de la novia, por parte del comprometido o novio.

La vida de los mazahuas es heterogénea, hay quienes conservan el vestido, la comunicación en mazahua, otros; la música, la danza y la mayordomía.

El vestido del hombre es sombrero, camisa, pantalón y zapatos de comercialización industrial y el gaban manufacturado por los artesanos de la comunidad. El vestido de la mujer es una blusa, labrada, enagua, delantal, faja y rebozo elaborado por las mismas mujeres de la comunidad. Así como el hombre ha cambiado su vestido, la mujer está haciendo lo mismo. En las mujeres jóvenes el vestido está siendo remplazado por el vestido moderno a excepción de algunas que prefieren seguir usando el vestido tradicional.

La casa de los mazahuas es de madera, con techo de tejamanil, de adobe con techo de teja y también de concreto. El cuarto se encuentra separado de la cocina, dividiéndolo un patio, en el cuarto duerme toda la familia (padre, hijos, y nietos) hasta que los hijos construyen su propia casa.

La fiesta de los mazahuas se realiza año con año, dependiendo del santo patrono que se venera en cada pueblo. Así en un año pueden realizarse tres o más festividades donde los mayordomos, mayordomitos y fiscales sirven durante un año llevando flores cada ocho días y, faltando dos meses para terminar el compromiso de servir al santo patrono u otro santo; el juez, el sacristán, el consejo de ancianos, mayordomos, mayordomitos y ayudantes reparten granos de maíz para preparar el pulque sende (bebida que se toma en todas las fiestas, que era y es ofrendada a los dioses).

Pueblo Mazahua

El origen de los mazahuas, según la tradición oral, descendemos del Dios Sol y de la Madre Luna; los primeros hombres eran gigantes que se les llamó "ma ndaa" (eran altos); posteriormente vinieron los enanos, a los que se les llamó "mbeje" (insignificantes) y nosotros correspondemos a la tercera generación y nos llamamos "Jñatjo" (los que hablan).

Y según historiadores como Carlos Basauri en la "Población indígena de México; familia otomiana mazahuas", dice: "En la migración chichimeca hacia el sur y valle de México, que se efectuó desde el siglo VI al XII, aproximadamente, caminaban cinco tribus, uno de cuyos jefes Mazahuatl, parece haber sido el caudillo de la familia mazahua, siendo los demás jefes de las tribus matlazincas. Ocuparon el valle de Toluca y lugares circunvecinos". Los cuales actualmente son parte del territorio que ocupan la parte noroeste del Estado de México y oriente del Estado de Michoacán.

Los mazahuas son un grupo indígena. No hay certeza sobre el origen del nombre, algunos estudios lo relacionan con el primer gobernante de este pueblo Mazatlí-Tecutli; para otros, es una derivación del náhuatl mázatl, "venado", o bien de Mazahuacán "donde hay venado".

El pueblo mazahua ha conservado sus expresiones culturales mediante la lengua mazahua, la tradición oral, la música, la danza y las artesanías; su forma de vestir, su visión del mundo y sus prácticas rituales y religiosas, las cuales han sido transmitidas de una generación a otra, y en el Centro Ceremonial fundado en los años de la década del setenta.

La lengua materna constituye el principal vínculo de comunicación e identidad dentro de la familia y la comunidad. Sin embargo, cada vez son más frecuentes los casos de niños que ya no aprenden o que ya no hablan su lengua materna.

Una característica importante del pueblo Mazaha lo constituye la Faena que es una forma de organización para realizar trabajos o acciones comunitarias.

<...Continuación

Sigue cada semana en **EL CENTRAL Hispanic News** nuestro

ESPECIAL CULTURAS DEL MUNDO,

by Mariana Ayón RV

GDYT Application Portal for Summer Jobs Opens

Con't from pg. 1

The GDYT program is managed every year by Detroit Employment Solutions Corporation (DESC) as the lead implementation agency and fiduciary, partnering with a wide range of employers, foundations, philanthropic donors and community partners.

"The ability for our youth to access opportunity every summer cannot be overstated as we look to build the city's leaders of tomorrow and in this, the 10th year of GDYT, we will reach just under 80,000 total summer jobs created since 2015," said Dana Williams, President and CEO of DESC. "Whether it is providing a work experience, or supportive funding, or mentoring about being work-ready, or managing a bank account for the first time, our youth get so much more out of GDYT every year than just a paycheck."

Every year, a wide range of opportunities is made available to Detroit youth, from experience with the Police and Fire Departments, to employment with numerous City of Detroit Departments, and in industries ranging from IT to skilled trades to healthcare.

"Grow Detroit's Young Talent is a program that opens the door for our youth and helps to build a pipeline for talent," said Bridget Hurd, vice president of Inclusion and Diversity and Chief Diversity Officer at Blue Cross Blue Shield of Michigan. "Blue Cross is glad to be a longstanding partner in this program, which exposes young people to what opportunity looks like and because of that increased awareness, helps participants envision a future of possibilities."

Process for Successful Youth Applicants

After an individual expresses interest in a summer work experience through GDYT.org, the applicant will be randomly selected through a lottery system. Selected youth must complete all enrollment forms and upload the required documents into the CareerEdge portal. All properly registered Detroit GDYT youth will receive a minimum of 12 hours of work-readiness pre-training before the start of their summer employment.

In early May, select partners will have the opportunity to interview youth candidates at a GDYT-sponsored career fair for Career Pathways Internships, Industry-Led Training, and Pre-Apprenticeships. Eligible youth may also select their own summer work experience during our virtual Career Fair in June. Successful GDYT-registered youth will also attend a Youth Orientation where they will receive additional materials regarding timekeeping, benchmark achievements, and the GDYT Handbook. For more information about the youth applicant process, refer to GDYT's Roadmap to Success at www.GDYT.org.

Partnering with GDYT

Funding for GDYT every year comes from a number of sources, including the City of Detroit, employers, foundations, and many individual private donors. More information can be found at GDYT.org and those interested in supporting the program can do so in several ways:

- Become a Funding Partner by making a financial contribution to the GDYT program to support summer work experiences for Detroit youth.
- Become an Employer Partner by providing a job at your designated worksite and sponsoring a six-week paid work experience (120 hours).
- Be recognized as an Affiliate Partner by directly hiring youth through an existing summer program that you operate.
- Volunteer to support key program components (career fairs, work-readiness training, etc.)
- Explore options to provide year-round and/or permanent employment opportunities to Detroit youth.

About GDYT

Grow Detroit's Young Talent (GDYT) is a citywide training and employment program for young adults between the ages of 14 and 24. The program seeks to provide over 8,000 young Detroiters summer employment opportunities in partnership with Metro Detroit corporations, non-profit organizations, municipal departments, local businesses and the philanthropic community. The strategic goals of GDYT are:

- Ensure young adults have meaningful summer work experiences that create pathways to future opportunities.
- Connect young adults to providers and employers that can support their career goals.
- Introduce employers to the next generation of Detroit's workforce.
- Align Detroit's youth workforce development programs to streamline service delivery and improve outcomes.

Detroit Employment Solutions Corporation is the lead agency for GDYT and also administers the Detroit at Work program on behalf of the City of Detroit. Connect Detroit is DESC's contracted Coordinator and Implementation Partner working with key community and faith-based organizations, municipal departments, and the Junior Fire Cadets.

City of Detroit Launches first Certified Tech Hubs map

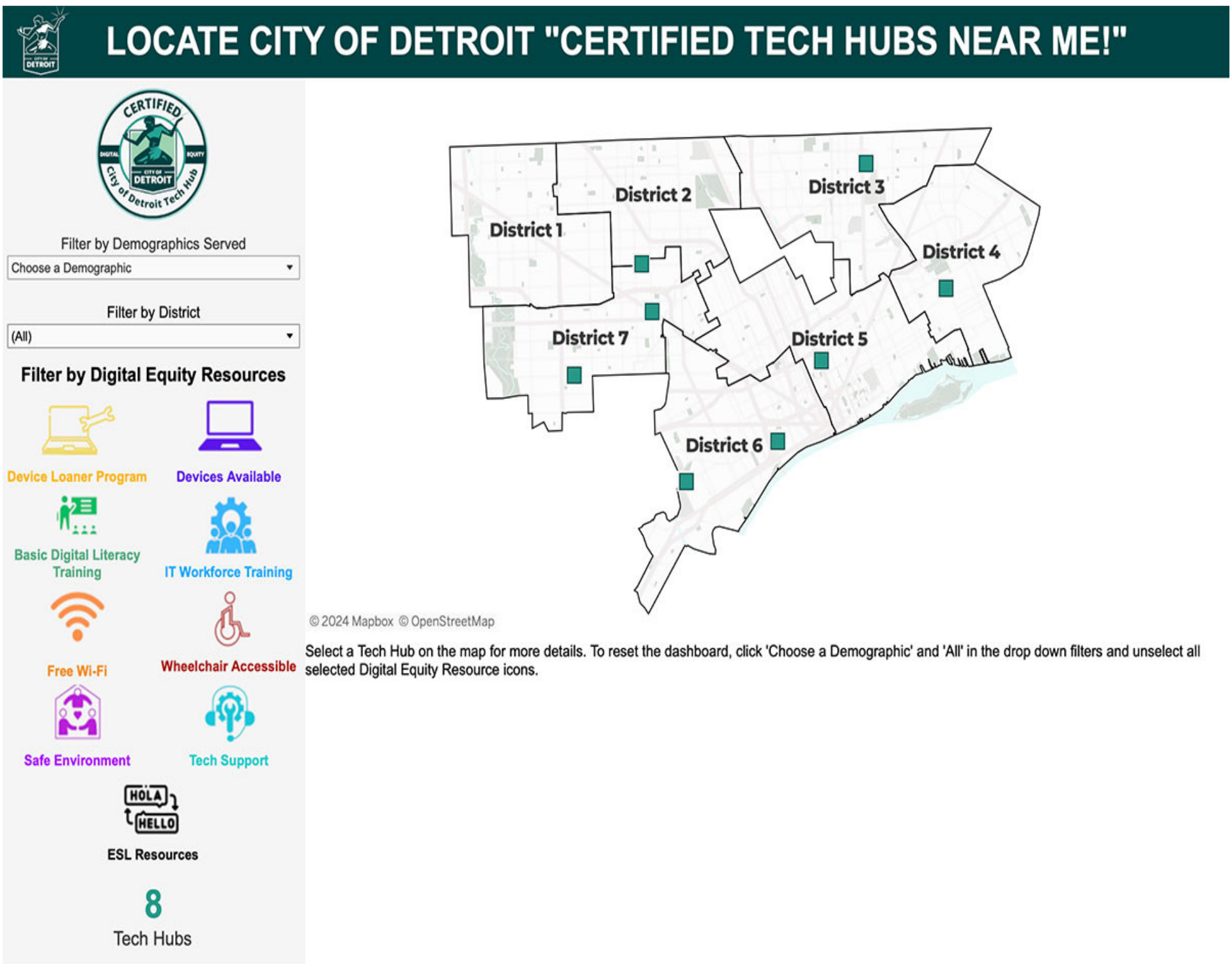


Image of the new interactive map showing locations, hours and resources available for each City of Detroit Certified Tech Hub

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El Central informs and celebrates Metro Detroit's Hispanic and Latino/a community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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JANUARY 2024

Dear Detroit Voter,

A Presidential Primary is scheduled for Tuesday, February 27, 2024, to nominate candidates for the office of President of the United States.

A 2022 approved constitutional amendment gives electors the right to vote early and in person. During early voting, you are issued a ballot and can insert it directly into a tabulator at an early voting site.

Below is a list of Detroit's Early Vote Centers. Each center will be opened beginning February 17th through February 25th, from 9:00 am to 5:00 pm. You may visit any location.

FEBRUARY 27, 2024 PRESIDENTIAL PRIMARY

Early Vote Centers and Drop Box Locations

Days of Operation: February 17-25 | Hours 9am - 5pm

Early Vote Centers and Drop Box Locations in Red

Drop Box Location Only in Blue

Crowell Community Center
16630 Lasher Rd. 48219
City Council District (1)

Rouge Park Golf Course
11701 Burt Rd. 48228
City Council District (1)

North Rosedale Park Community House
18445 Scarsdale 48223
City Council District (1)

Greater Grace Temple
23500 W. Seven Mile Rd. 48219
City Council District (1)

WCCCD Northwest
8200 W. Outer Dr. 48219
City Council District (1)

Liberty Temple Baptist Church
17188 Greenfield Rd. 48235
City Council District (2)

Greater Emmanuel Institutional COGIC
19190 Schaefer Hwy. 48235
City Council District (2)

Tindal Recreation Center
10301 W. Seven Mile Rd. 48221
City Council District (2)

Northwest Activities Center
18100 Meyers Rd. 48235
City Council District (2)

Palmer Park Community Center
1121 Merrill Plaisance St. 48203
City Council District (2)

Perfecting Church
7616 E. Nevada 48234
City Council District (3)

Faith Temple
19000 Conant 48234
City Council District (3)

Greater St. Paul
15325 Gratiot Ave. 48205
City Council District (3)

Farwell Recreation Center
2711 E. Outer Dr. 48234
City Council District (3)

Heilmann Recreation Center
19601 Crusade 48205
City Council District (3)

Balduck Park
5271 Canyon 48236
City Council District (4)

DWSD Eastside Customer Care Center
13303 E. McNichols 48205
City Council District (4)

WCCCD Eastern Campus
5901 Conner 48213
City Council District (4)

Considine Center
8904 Woodward Ave. 48202
City Council District (5)

Greater Christ Baptist Church
3544 Iroquois Ave. 48214
City Council District (5)

Horatio Williams Foundation
1010 Antietam Ave. 48207
City Council District (5)

Renaissance Baptist Church
1045 E. Grand Blvd. 48207
City Council District (5)

Butzel Family Center
7737 Kercheval 48214
City Council District (5)

Department of Elections
2978 W. Grand Blvd 48202
City Council District (5)

Detroit Pistons Performance Center
690 Amsterdam St. 48202
City Council District (6)

WCCCD Downtown Campus
1001 W. Fort St. 48226
City Council District (6)

Unity Baptist Church
7500 Tireman 48204
City Council District (6)

Clark Park
1130 Clark 48209
City Council District (6)

City Clerk Office
2 Woodward Ave. Ste 106 48226
City Council District (6)

Kemeny Recreation Center
2260 S. Fort St. 48217
City Council District (6)

Davison Service Yard
8221 W. Davison 48238
City Council District (7)

William S. Ford Memorial Church
16400 W. Warren Ave. 48228
City Council District (7)

Edison Library
18400 Joy Rd. 48228
City Council District (7)

Adams Butzel Recreation Complex
10500 Lyndon 48238
City Council District (7)

Christ Temple Baptist Church
10628 Plymouth Rd. 48204
City Council District (7)

For more information, you may contact the Department of Elections at (313) 876-0190 or visit our website at www.detroitmi.gov/departments/elections
JANICE M. WINFREY, DETROIT CITY CLERK

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FOOD AND DRINK

Buffalo Cauliflower

Ingredients
- 3/4 cup all-purpose flour
- 1 teaspoon garlic powder
- 1 teaspoon ground paprika
- 3/4 teaspoon kosher salt
- freshly ground black pepper, to taste
- 1/2 cup buttermilk
- 1/3 cup water, plus more, to taste
- 1 small head of cauliflower, cut into bite-sized florets
- 2 tablespoons unsalted butter
- 1/4 cup harissa, mild or spicy
- dipping sauce, optional, of your choice, for serving

Ready In:
35 minutes

Step 1 -
Preheat the oven to 450 degrees F with a rack in the center position.
Step 2 -
Line a half sheet pan with parchment paper.
Step 3 -
Place the flour, the garlic powder, the paprika, the kosher salt, and the pepper in a medium bowl and whisk to combine.
Step 4 -
Stir in the buttermilk and 1/3 cup of the water and whisk until smooth. If it's too thick, add the extra water, 1 tablespoon at a time.
Step 5 -
Place the cauliflower in the batter and toss to coat.
Step 6 -
One piece at a time, shake off the excess batter and lay the cauliflower florets in a single layer on the sheet pan. Leave about 1/2 inch of space between them.
Step 7 -
Bake the cauliflower until crispy, 6-8 minutes. Carefully flip the florets and bake until the other side is browned, about 6-8 minutes more. Remove from the oven and set them aside.
Step 8 -
Reduce the oven temperature to 375 degrees F.
Step 9 -
In a small saucepan over medium heat, melt the butter.
Step 10 -
Remove the butter from the heat and pour it into a medium bowl. Add the harissa and stir to combine.
Step 11 -
Add the cooked cauliflower and gently toss to coat evenly.
Step 12 -
Discard the parchment paper from the sheet pan and replace it with a fresh piece.
Step 13 -
Return the cauliflower to the baking sheet and bake for 10-15 minutes, flipping halfway through, until browned and crisp.
Step 14 -
Serve hot, with your choice of dipping sauce on the side.

Skillet-Seared Steak

Ingredients
- 1 thick-cut ribeye, about 1 1/2-2-inches-thick
- salt, to taste
- 1 tablespoon Santa Maria seasoning
- 2 tablespoons avocado oil or canola oil
- 2 tablespoons unsalted butter
- fresh rosemary, optional, to taste

Ready In:
25 minutes

Step 1 -
Preheat the oven to 275 degrees F.
Step 2 -
Place a wire cooling rack onto a baking sheet, then place the ribeye steak onto the rack.
Step 3 -
Generously season both sides of the ribeye with the salt and the Santa Maria seasoning.
Step 4 -
Bake the steak until the internal temperature reaches 90 degrees F, about 15 minutes.
Step 5 -
Place a cast-iron skillet in the oven to allow it to heat as the beef cooks.
Step 6 -
Very carefully use oven mitts to transfer the cast-iron skillet from the oven onto a burner on the stove.
Step 7 -
Add 1 tablespoon of the avocado oil to the cast-iron skillet and heat it over high heat until it begins to smoke.
Step 8 -
Carefully add the ribeye to the skillet and sear for 2 minutes on one side.
Step 9 -
Flip the steak and sear it until the internal temperature reaches at least 135 degrees F for medium-rare, about 1-2 minutes.
Step 10 -
Transfer the cooked steak from the skillet and let it rest on a plate for 10 minutes.
Step 11 -
Top the ribeye with the butter and allow it to melt.
Step 12 -
Sprinkle the ribeye with the fresh rosemary and serve.

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ENTRETENIMIENTO

Jennifer Lopez Set to Electrify Detroit with "This is Me...Now" Tour at Little Caesars Arena

(hoodline.com) The music sensation Jennifer Lopez is all set to captivate Detroit with her "This is Me...Now: The Tour," hitting the stage on July 31 at Little Caesars Arena, as part of her first tour in five years.

The Detroit News announced the tour will support her latest album "This is Me... Now," a follow-up to her 2002 album, paralleled by a documentary and an Amazon Original short film tracing the album's creation.

Fans are gearing up for the opportunity to witness J.Lo's magnetic performance as tickets go on sale for the general public starting February 23 at 10 a.m., with presales beginning February 20—J.Lo fan club members and select presales will have early access to secure their spot at the spectacular event, wcrz.com reported, her previous performance at the Little Caesars Arena in July 2019 marked her first Metro Detroit concert.

Speaking about her new album, Lopez described it as "the best album that I've ever made... The most honest and true – it took a long time for me as a musical artist to get there," and expressed immense pride in her latest work, Billboard

shared, the tour will span 34 cities across the nation starting in Orlando and finishing in Houston.

Lopez's return to touring is intertwined with her personal resurgence, chronicled artistically through her album, which features songs like "Dear Ben Pt. II" and the single "Can't Get Enough," her journey and growth are encapsulated within the music; her fans have observed every high and low, every reunion and breaking, particularly her rekindled romance with Ben Affleck resulting in their marriage twenty years post the release of her original heartfelt album "This is Me... Then," according to Jennifer Lopez who told Billboard about how fans have followed her life story through her music.

Jennifer López electrizará Detroit con la gira "This is Me...Now" en el Little Caesars Arena

(hoodline.com) La sensación musical Jennifer López está lista para cautivar a Detroit con su "This is Me...Now: The Tour", que subirá al escenario el 31 de julio en el Little Caesars Arena, como parte de su primera gira en cinco años.

The Detroit News anunció que la gira apoyará su último álbum "This is Me... Now", una continuación de su álbum de 2002, acompañada de un documental y un cortometraje original de Amazon que rastrea la creación del álbum.

Los fanáticos se están preparando para tener la oportunidad de presenciar la actuación magnética de J.Lo mientras los boletos salen a la venta para el público en general a partir del 23 de febrero a las 10 a. m., y la preventa comenzará el 20 de febrero. Los miembros del club de fans de J.Lo y las preventas selectas tendrán acceso anticipado a asegurar su lugar en el espectacular evento, informó wcrz.com, su actuación anterior en el Little Caesars Arena en julio de 2019 marcó su primer concierto en Metro Detroit.

Hablando de su nuevo álbum, López lo describió como "el mejor álbum que he hecho... El más honesto y verdadero; me tomó mucho tiempo como artista musical llegar allí", y expresó un inmenso orgullo por su último Según compartió Billboard, la gira abarcará 34 ciudades de todo el país, comenzando en Orlando y terminando en Houston.

El regreso de López a las giras está entrelazado con su resurgimiento personal, narrado artísticamente a través de su álbum, que incluye canciones como "Dear Ben Pt. II" y el sencillo "Can't Get Enough", su viaje y crecimiento se resumen en la música; sus fanáticos han observado cada altibajo, cada reunión y ruptura, particularmente su romance reavivado con Ben Affleck que resultó en su matrimonio de veinte años. publicar el lanzamiento de su sincero álbum original "This is Me... Then", según Jennifer López, quien le contó a Billboard cómo los fanáticos han seguido la historia de su vida a través de su música.

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Michigan Panthers Return To Ford Field !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

The Michigan Panthers will return to Ford Field, once again, for the 2024 United Football League (UFL) season, formally with the USFL.

On September 28, 2023, the XFL and USFL announced their intent to merge with details surrounding the merger to be announced at a later date. In October 2023 the XFL filed a trademark application for the name "United Football League". The merger was formally announced on Fox NFL Sunday on December 31, 2023. The eight surviving teams were announced the following day on College GameDay, along with the alignment; the XFL and USFL will survive as separate conferences.

Each remaining XFL Conference and USFL Conference team protected 42 foundational players from its 2023 roster. Each team in each of the XFL and USFL Conferences then selected up to 20 players from the rosters of teams from their previous league that will not be moving forward in 2024.

Photos below are highlights from the Michigan Panthers vs. Pittsburgh Maulers 2023 season

Photos by Adam J. Dewey

Michigan Panthers 2024 schedule

Date	Opponent	Time (ET)	TV
March 30	vs. St. Louis Battlehawks	4 p.m.	Fox
April 7	vs. Birmingham Stallions	12 p.m.	ESPN
April 14	vs. Houston Roughnecks	12 p.m.	ABC
April 20	at San Antonio Brahmas	7 p.m.	Fox
April 28	at Memphis Showboats	3 p.m.	Fox
May 5	vs. Arlington Renegades	1 p.m.	Fox
May 12	at D.C. Defenders	12 p.m.	ESPN

MLS RETURNS

EL CENTRAL HISPANIC NEWS
Pateando la No. 5
SPORTS

David Levine
EL CENTRAL

Major League Soccer begins its overcrowded season this week with Inter Miami hosting Real Salt Lake. Lionel Messi has recruited yet another of his former Barcelona teammates to join a rapidly aging roster. Uruguayan striker Luis Suarez, 37 years old, will link up with Messi, Jordi Alba, and Sergio Busquets to form the oldest core in the league

MLS leadership is banking on Miami. Their entire marketing campaign has been built around Messi, including an outrageous amount of overseas travel during preseason. A trip to Saudi Arabia produced a heavy defeat to Cristiano Ronaldo's Al Nassr, even though CR7 didn't play. Messi then sat out a game in Hong Kong with a minor injury that caused an international incident when he managed 30 minutes in Japan a few days later. In retaliation for the perceived snub, China canceled two March friendlies the Argentine national team had scheduled.

While so much focus has been on Messi and Miami, the rest of the league has been able to prepare in anonymity. Some teams went to Arizona, others to Florida, and a few traveled abroad. Many have recruited players likely to withstand the long season, variable climate, and extensive travel that goes with playing in MLS.

The Colorado Rapids dipped into the fringes of the US national team pool, bringing home goalkeeper Zach Steffen, defender Sam Vines, and midfielder Djordje Mihailovic. The Rapids finished last in the Western Conference in 2023. These additions and the removal of several of last year's ineffective players should improve them. LAFC and the LA Galaxy have also done some retooling. Former French number one goalkeeper Hugo Lloris joined LAFC and the Galaxy splashed out big money for Ghanaian John Paintsil and Brazilian Gabriel Pec.

The Columbus Crew surprised a lot of people by winning MLS Cup, much to the chagrin of the MLS commissioner who endorsed relocating the team a few years ago. They will still be a tough team in the Eastern Conference. So will their nearest rivals in Cincinnati. FC Cincinnati won the Supporters Shield last year, but have lost striker Brandon Vazquez to Monterrey. While they have lost goals up front, their defense looks stronger with the addition of Miles Robinson to the back line.

Every team has had incoming and outgoing moves, too many recount here. The league will demand more than ever from the players with 34 league fixtures, the crazy month devoted to the Leagues Cup against Liga MX teams, Copa America, the summer Olympics, and even some players going to the European Championship. The league is still wrangling with US Soccer over participation in the US Open Cup and has nine clubs in the first round of the CONCACAF Champions League, which is already underway. It's a lot of action for a league that remains far behind foreign leagues and clubs in the hearts and minds of domestic fans.

MLS certainly isn't foremost in hearts and minds of Detroit area fans. With Detroit City FC preparing for their third season in the USL Championship, and several teams in USL League 2, there is plenty of action in the immediate area. DCFC played several games during a training stint in Arizona. The exhibition games were all about building fitness and adjusting to Danny Dichio's desired way of playing. The team returns home now for the final stretch of preseason before the first game on March 16 in Colorado Springs.

DCFC Womens Dominate Last Home Game !!!

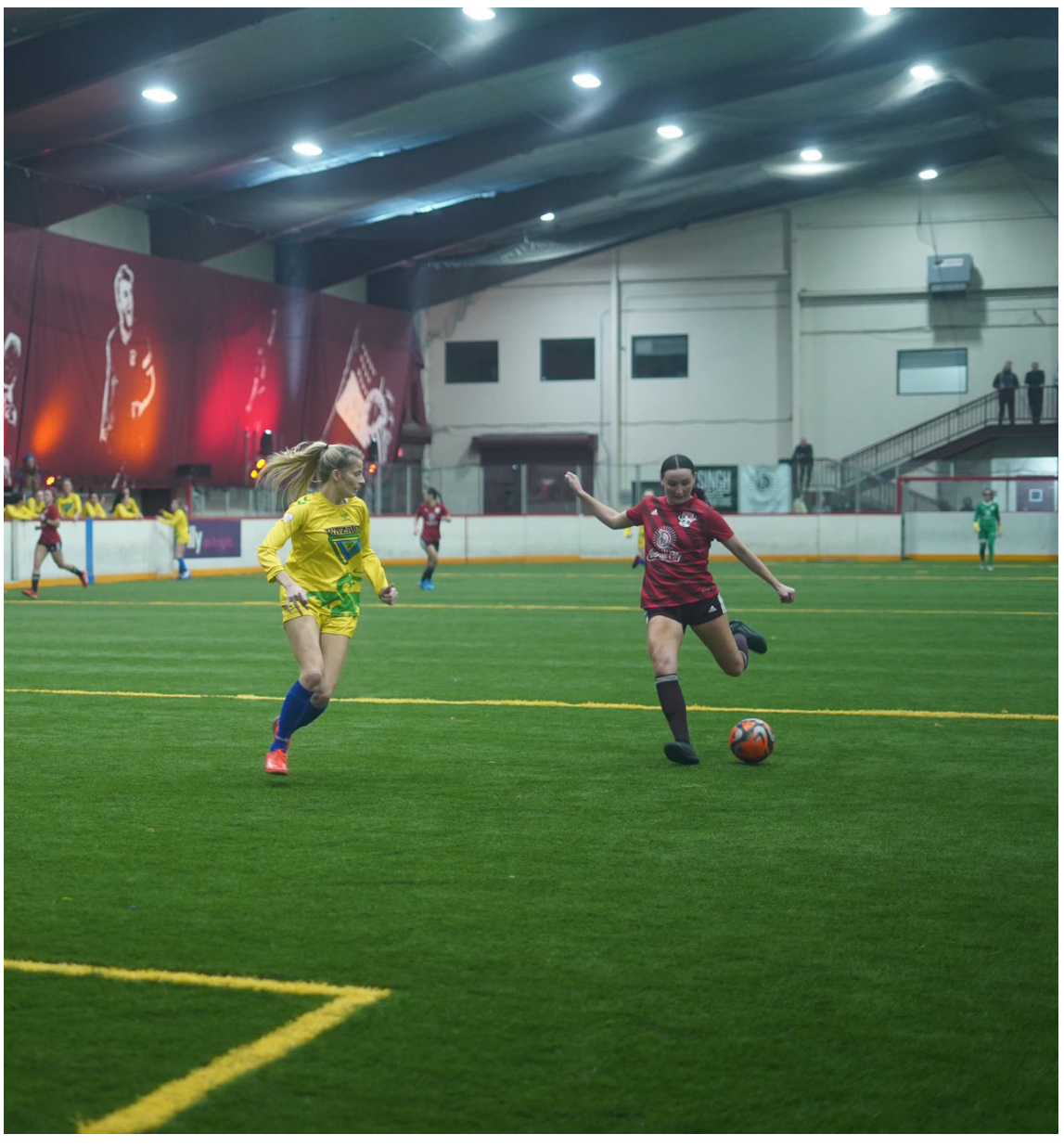
The Detroit City FC Womens Le Rouge defeated Detroit Waza FC, this past Saturday, 15-1, in front of a sell out crowd, for their last home game.

The focus is now shifting to the USL Championship season with a friendly against Columbus Crew II on Thursday and then one against Indy Eleven next week.

For more information about Detroit City FC, visit detcityfc.com and follow @DetroitCityFC on Twitter and Facebook and @detroitcityfootballclub on Instagram.

Photos below are highlights from Saturdays game between Detroit City FC and Detroit Waza FC

Photos provided by Detroit City FC



EDITORIAL OPINION

"Texas Governor Repeats 1860 Stupidity"

By Raoul Lowery Contreras

Texas Governor Gregg Abbott's mind is replete with lawlessness, antipathy towards the United States of America and just plain 1860 stupidity.

He is being challenged by federal district Judge David Ezra and the entire weight of the United States of America. Who will win that skirmish?

Judge Ezra was chosen at random to conduct judicial oversight of a lawsuit filed in Austin by the United States against Governor Abbott and the State of Texas. Abbott and Texas are trying to override federal responsibility for immigration. At issue: a new Texas law effective Tuesday, March 5 -- Senate Bill 4.

It mandates Texas law enforcement officers arrest anyone they "think" illegally entered Texas.

Racial and ethnic profiling has to be the basis for implementing this law. How else would a deputy know who to confront? Profiling is dicey at best despite its utility for selecting target people. As to citizenship inquiry, that is prohibited except for employment.

Texas law enforcement will stop suspects only after deciding nationality/ethnicity. Most migrants today are from Central and South America. Law enforcement will not be looking for blonde blue-eyed illegal border-crossers or Titian redheads cocktailing in Irish bars in Dallas. After a stop is made identification will be demanded. They can demand identification but, in general, one need not provide authorities identification.

Asking for identification in order to determine immigration status is a federal responsibility. It is not within the purview of a state law enforcement agent and wouldn't, according to Judge Ezra, be acceptable for state agents to enforce a "patchwork" of immigration rules/laws of different states.

U.S. District Judge David Ezra: "That turns us from the United States of America into a confederation of states…That is the same thing the Civil War said you can't do."

The law - Senate Bill 4 - would allow Texas law enforcement to arrest people who are "suspected" of entering the state or country illegally. Once in custody, a Texas judge could order them to leave the United States or be prosecuted for a misdemeanor charge of illegal entry into Texas. If ordered out of the country and the person doesn't leave, they can be charged with a serious felony punishable with years in prison.

Governor Abbott -- who signed SB4 into law, will undoubtedly experience the same fate as former Arkansas Governor Orville Faubus in 1957. President Dwight David Eisenhower federalized the Arkansas National Guard that Faubus used to prevent nine Black kids from attending Little Rock's Central High school. The President sent the National Guard home and ordered the 101st Airborne Division of the Army to Little Rock to protect the kids..

Abbott is in other federal courts fighting to keep federal officers away from the border. Texas National Guard troops are on the border keeping from crossing the border illegally. After federalizing the Guard the President can order the Guard home without a court.

12 years ago Arizona tried to circumvent Federal immigration rules. The Supreme Court invalidated most of the effort that tried to allow Arizona law enforcement to run amok by violating federal civil rights laws and Constitutional provisions.

Immigration, the court ruled, is a federal responsibility as per Article 1, Section 8 of the Constitution.

Politician Gregg Abbott complains that illegal entrant migrants are responsible for growing crime. The judge knows better. After 40 years on the border federal bench, he claims to know border affairs better than ignorant politicians pandering to uninformed people.

Specifically, Judge Ezra clearly states that he was "not buying into" Governor Abbott's position that the "vast majority" of migrants who enter the U.S. illegally are criminals. In fact, he claims most people who enter illegally are otherwise law-abiding people. Federal crime and prison statistics clearly show that imprisoned migrants are far, far fewer than natural-born U.S. citizens by percentages.

Judge Ezra also pointed out that empowering state judges to expel people from Texas could interfere with federal "processes or protections."

Texas lawyers argued that state police officials promised they wouldn't violate federal laws but Judge Ezra responded with: "I have to rule on what the law says, not what they say they will or won't do."

Judge Ezra indicated that he would rule quickly so there would be time for an appeal before March 5 - the day SB4 begins its short life expectancy.

Even money…He will most likely rule the law unconstitutional.

Opinions in this column are not necessarily those of the Publisher or Editor

Do you have a contrary opinion? Write us at info@elcentralmedia.com

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1721 Junction,
Detroit, MI 48209
Misa:
Lunes Viernes: 6:00pm
Domingo: 10:00am, 12:00pm, 6:00pm

First Latin American Baptist Church
313-461-3669
2004 Scotten St.
Detroit, MI

Most Holy Trinity
313-965-4450
1050 Porter St.
Detroit, MI 48226
Misa: Dom 9am

St. Gabriel's
313-841-0753
8118 W. Vernor Hwy
Detroit, MI 48209
Misa: Dom 9:30am, 12:00pm, 7:00pm
Lunes: 6:00pm
Martes: 6:00pm
Miércoles: 9:00am

St. Francis D'Assisi - St. Hedwigs Parish
313-894-5409
3245 Junction
Detroit, Mi 48209
Domingo: 12:00pm
Miércoles: 7:00pm
Jueves: 7:00pm

Ste. Annes Parish
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Detroit, MI 48216
Misa: Dom 10am

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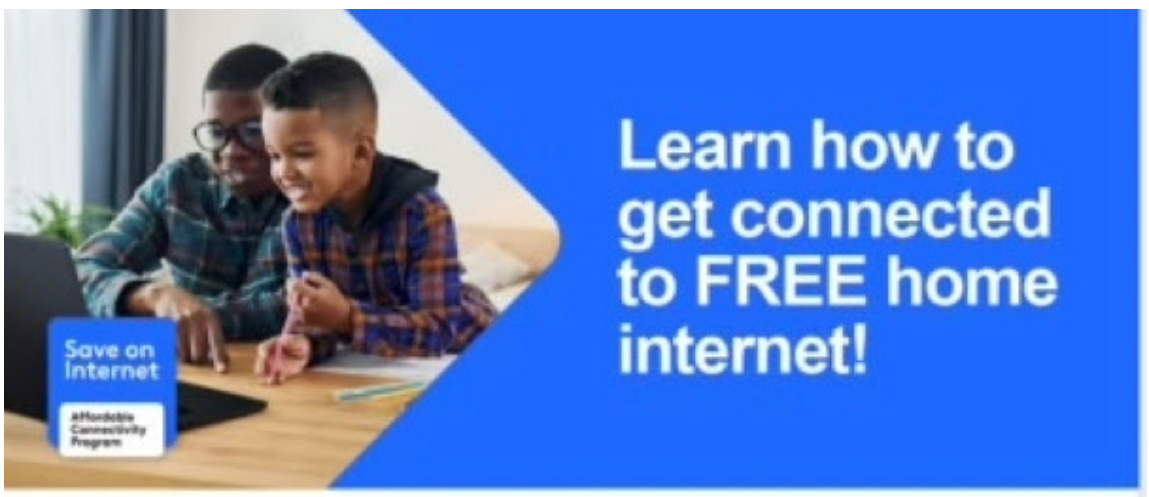

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Salud/*Health*

What Every Mom and Soon-to-be-Mom Needs to Know About Their Heart

(StatePoint) Over the last three decades, the United States has seen pregnancy-related deaths rise nearly 140%, and heart disease continues to be the leading cause. Furthermore, women who have prenatal complications, such as high blood pressure or gestational diabetes, have a significantly higher risk of heart disease and stroke later in life, yet many are not getting the care they need.

According to the National Collaborative for Infants & Toddlers (NCIT), an advocacy collaborative working to pass policies that make it possible for all expectant parents, infants and toddlers to thrive, the United States is in the midst of a maternal health crisis.

This sentiment is echoed by "Opportunities in the Postpartum Period to Reduce Cardiovascular Disease Risk Following Adverse Pregnancy Outcomes," a new scientific statement from the American Heart Association (AHA), which was recently published in "Circulation," the Association's flagship peer-reviewed journal.

"Healthcare professionals and the public alike often think of heart disease as a man's disease. While heart disease is also the leading cause of death for women, fewer than 50% of women identify it as such. This is creating a dangerous situation for women, especially during higher-risk periods of their life, as their symptoms often go undiagnosed and untreated," says Dr. Sadiya S. Khan, one of the statement's authors. "As adverse pregnancy outcomes become increasingly common, it's important for women to be aware of their risk for heart disease, the actions they can take to lower their risk if they experience pregnancy complications, and for birth justice policy interventions to take place that will improve their care during their pregnancy, and throughout their lifetimes."

Many women face significant barriers in accessing primary care after delivery. Up to 40% of women do not access postpartum care, and only an estimated 18% to 25% of postpartum patients with pregnancy complications or chronic health conditions are seen by a primary care clinician within 6 months of delivery. Women of color, and women in rural areas are disproportionately impacted by barriers to care that could leave them vulnerable to further health complications.

According to NCIT, policy interventions such as

expanded Medicaid coverage for 12 months postpartum in all states, expanded income eligibility for health insurance programs, paid family and medical leave, community-based doulas, and evidence-based home visiting programs can help promote ethnic, racial and socioeconomic birth equity, and help ensure all expectant and new parents have access to insurance, care and the supports needed to thrive.

Also supporting women in all stages of life, and all stages of pregnancy is Go Red for Women, an AHA initiative empowering women to take charge of their heart health. One way they can do that, according to the initiative, is by understanding their heart disease risks, and coming to their doctors' appointments prepared to discuss their personal and family health history and other factors that could impact their chance of a healthy pregnancy. Women can also proactively manage their heart disease risk factors during pregnancy and after delivery using the AHA's Life Essential 8 cardiovascular health metrics as a framework. These include: eating better, being more active, quitting tobacco, getting healthy sleep, managing weight, controlling cholesterol, managing blood sugar and managing blood pressure.

"Stemming the tide of this maternal health crisis is vital for families, and it starts with bringing light to the tremendous need for better delivery of care to moms and soon-to-be moms with a focus on heart health," says Dr. Khan.

Lo que toda mamá y futura mamá necesita saber sobre su corazón

(StatePoint) Durante las últimas tres décadas, en Estados Unidos las muertes relacionadas con el embarazo han aumentado casi un 140%, y las enfermedades cardíacas siguen siendo la causa principal. Además, las mujeres que tienen complicaciones prenatales, como presión arterial alta o diabetes gestacional, tienen un riesgo significativamente mayor de sufrir enfermedades cardíacas y accidentes cerebrovasculares en el futuro, pero muchas no reciben la atención que necesitan.

Según la Colaboración Nacional para Bebés y Niños Pequeños (NCIT), una colaboración de promoción que trabaja para aprobar políticas que hagan posible que todos los futuros padres, bebés y niños pequeños prosperen, Estados Unidos se encuentra en medio de una crisis de salud materna.

Este sentimiento se refleja en "Oportunidades en el período posparto para reducir el riesgo de enfermedades cardiovasculares después de resultados adversos en el embarazo", una nueva declaración científica de la Asociación Estadounidense del Corazón (AHA), que se publicó recientemente en "Circulación", el principal documento revisado por pares de la Asociación. diario.

"Tanto los profesionales de la salud como el público en general piensan que las enfermedades cardíacas son una enfermedad de hombres. Si bien las enfermedades cardíacas también son la principal causa de muerte entre las mujeres, menos del 50% de las mujeres las identifican como tales. Esto está creando una situación peligrosa para las mujeres, especialmente durante los períodos de mayor riesgo de su vida, ya que sus síntomas a menudo no se diagnostican ni se tratan", dice la Dra. Sadiya S. Khan, una de las autoras de la declaración. "A medida que los resultados adversos del embarazo se vuelven cada vez más comunes, es importante que las mujeres sean conscientes de su riesgo de sufrir enfermedades cardíacas, las acciones que pueden tomar para reducir su riesgo si experimentan complicaciones en el embarazo y que se lleven a cabo intervenciones políticas de justicia natal que mejoren su atención durante el embarazo y durante toda su vida".

Muchas mujeres enfrentan barreras importantes para acceder a la atención primaria después del parto. Hasta el 40% de las mujeres no acceden a la atención posparto, y se estima que solo entre el 18% y el 25% de las pacientes posparto con complicaciones del embarazo o afecciones crónicas de salud son atendidas por un médico de atención primaria dentro de los 6 meses posteriores al parto. Las mujeres de color y las mujeres de zonas rurales se ven afectadas de manera desproporcionada por barreras a la atención que podrían dejarlas vulnerables a mayores complicaciones de salud.

Según el NCIT, las intervenciones políticas como la ampliación de la cobertura de Medicaid durante los 12 meses posparto en todos los estados, la ampliación de la elegibilidad por ingresos para programas de seguro médico, la licencia familiar y médica remunerada, las doulas comunitarias y los programas de visitas domiciliarias basados en evidencia pueden ayudar a promover la etnicidad, equidad racial y socioeconómica en materia de natalidad, y ayudar a garantizar que todos los futuros padres y nuevos padres tengan acceso a seguros, atención y apoyo necesarios para prosperar.

Go Red for Women, una iniciativa de la AHA que empodera a las mujeres para que se hagan cargo de la salud de su corazón, también apoya a las mujeres en todas las etapas de la vida y en todas las etapas del embarazo. Una forma de hacerlo, según la iniciativa, es comprendiendo sus riesgos de enfermedad cardíaca y acudiendo a las citas con el médico preparados para hablar sobre su historial de salud personal y familiar y otros factores que podrían afectar sus posibilidades de tener un embarazo saludable. Las mujeres también pueden gestionar de forma proactiva sus factores de riesgo de enfermedades cardíacas durante el embarazo y después del parto utilizando como marco las 8 métricas de salud cardiovascular Life Essential de la AHA. Estos incluyen: comer mejor, ser más activo, dejar de fumar, dormir bien, controlar el peso, controlar el colesterol, controlar el azúcar en sangre y controlar la presión arterial.

"Detener la marea de esta crisis de salud materna es vital para las familias, y comienza por sacar a la luz la tremenda necesidad de brindar una mejor atención a las mamás y a las futuras mamás, centrándose en la salud del corazón", dice el Dr. Khan.

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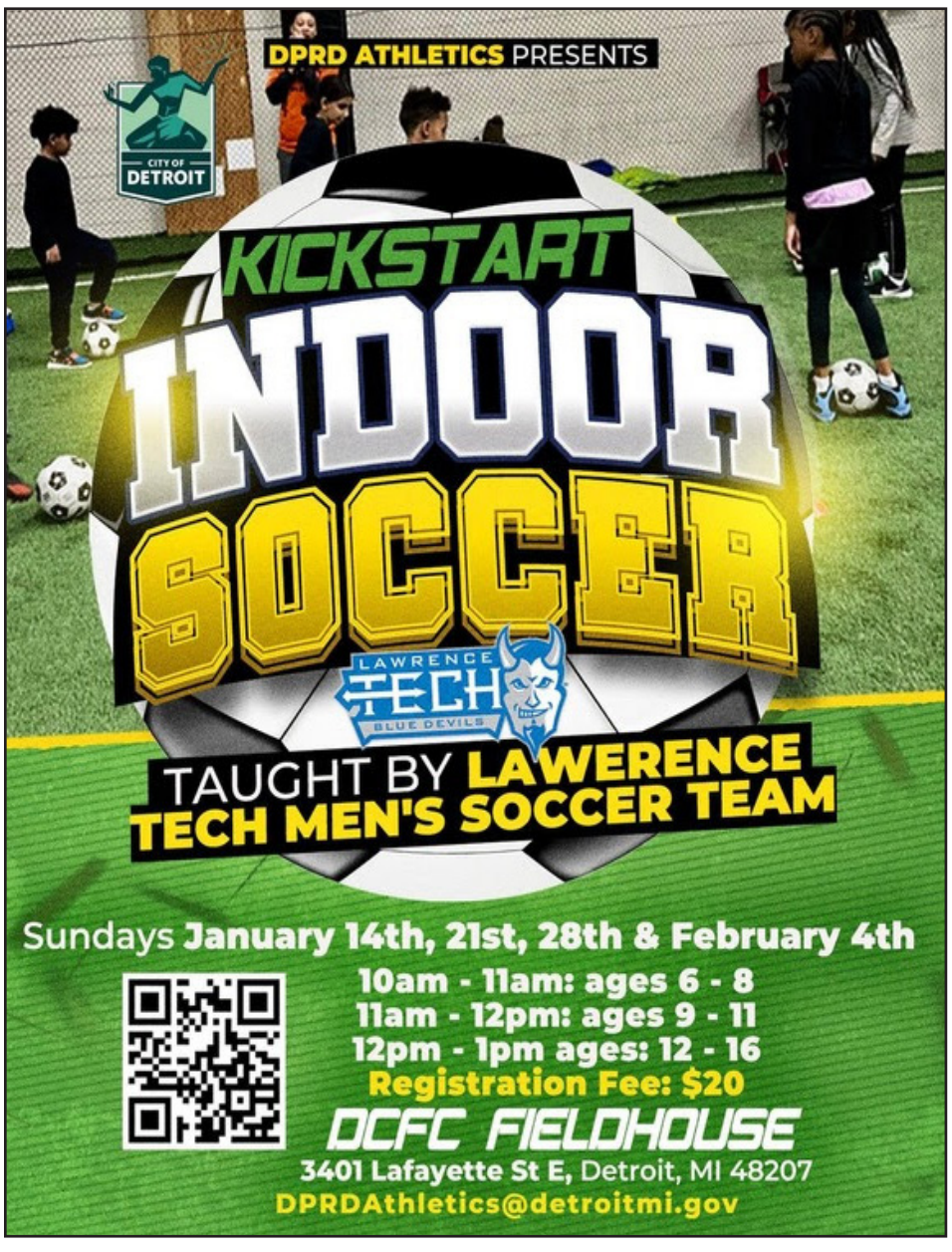
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